



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Healthy Life and Sports							
Course Code		ÖGK186		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	1	Practice	1	Laboratory	0
Objectives of the Course		To adopt the place of physical activity concept and applications in healthy life and to transfer basic concepts							
Course Content		To adopt the place of physical activity concept and applications in healthy life and to transfer basic concepts							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation)					
Name of Lecturer(s)		Ins. Aslı ESENKAYA							

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	Physical Activity Assessment Methods Ayda Khan
2	Fitness and Healthy Life

Week	Weekly Detailed Course Contents	
1	Theoretical	Definition of health and basic health
2	Theoretical	Defining the human movement
3	Theoretical	Resistance Training Philosophy
4	Theoretical	Cardiovascular exercise strategies
5	Theoretical	Nutrition principles
6	Theoretical	Nutrition principles
7	Theoretical	Nutrition principles
8	Theoretical	An overview
9	Theoretical	Midterm
10	Theoretical	Exercise Applications
11	Theoretical	Exercise Applications
12	Theoretical	Weight control, determining the need for exercise
13	Theoretical	Diseases and exercise
14	Theoretical	Diseases and exercise
15	Theoretical	Gaining and maintaining healthy living behavior
16	Final Exam	final exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Midterm Examination	1	9	1	10
Final Examination	1	11	1	12
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2

*25 hour workload is accepted as 1 ECTS



Learning Outcomes

1	Will be able to explain the definition of physical activity
2	Will be able to interpret the concept of exercise
3	Discuss physical activity and exercise applications in disease
4	To be aware of the necessity of lifelong sport and to have the ability to realize this,
5	Discuss the objectives and content of physical activity in healthy individuals

Programme Outcomes (Computer Programming)

1	Having knowledge and skills in web project preparation and publishing
2	Having the knowledge and skills necessary for proper use management of database applications
3	Having knowledge and skills for software development, testing and installation
4	Be able to use the hardware necessary for computer programming and solve the basic problems they have with hardware
5	To be able to use information and communication technologies at the level required by computer programming
6	To be able to produce solutions to problems encountered in the field
7	Having the competencies to make job planning in the profession
8	Communicating with colleagues and clients based on knowledge and skills
9	Be able to take responsibility as an individual or as a team member and to fulfill the responsibility
10	To be able to express written and oral expressions related to the study topic
11	Be able to adapt the winning information to new situations

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P1	1	1	1	1	1
P2	1	1	1	1	1
P3	1	1	1	1	1
P4	1	1	1	1	1
P5	1	1	1	1	1
P6	1	1	1	1	1
P7	1	1	1	1	1
P8	1	1	1	1	1
P9	1	1	1	1	1
P10	1	1	1	1	1
P11	1	1	1	1	1

